



# Strength for Better Balance

**Fridays 8:00-8:45am**

Balance is a key factor in leading an active, confident, and happy life as we age. Although there are various reasons why balance declines with age, the great news is that we can prevent the decline of balance caused by normal aging and moving less.

**Strength for Better Balance** helps prevent falls, builds confidence, and most of all improves overall quality of life.

These sessions are designed to improve the following factors that contribute to poor balance:

- weak lower body strength
- poor recruitment of the deep stabilisers of the hips and core
- reduced mobility and flexibility

Each 45 minute class will include a warm-up, dynamic balance moves, lower body strength exercises, unilateral strength exercises, mobility and flexibility work.

**Location:** via Zoom

**Bookings required!** <https://superageing.com.au/bookings/>

**Contact:** Sharon - Super Ageing 0438 890 089 for details or help connecting to Zoom

**Cost:** \$5 per session

Suitable for all levels!

Exercise in the comfort of your own home!



**SUPERAGEING**  
SHARON KELLY

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